

What You Think You Become

“What you think, you become” is a famous phrase, has been running for centuries. But does it really mean? Do thoughts have this much of power that they can alter our personality? Yes, definitely it has. You have heard that people often say that a child of a doctor will become a doctor or of an engineer, will become an engineer. Why is this so? Well it has a deep meaning. Let’s try to understand the reason behind it.

According to Bruce Lipton, **95% of our daily life is regulated by subconscious mind, only 5% is regulated by conscious mind.** The subconscious mind of a human is developed by the age of the seven, which is a very small age for a child to understand what is right or wrong for him. So his mind develops in the same way, in which he is living. A poor child has always this mindset that life is a struggle; anything cannot be achieved so easily. And thinking like that, he almost spent his whole life without having a second thought that he can get whatever he want. Whereas a rich child always makes a chance to lift himself higher and higher. And if we see what is playing the major role here- it is the thoughts. It is the factor that’s changing the life of the people. And even though, if our subconscious mind has been already built, it can be changed by repeating positive thoughts.

Eknath Easwaran’s **“Passage meditation”** is also related to the practice of repeating positive thoughts. Passage meditation is meditating on poem, singing national anthem, chanting *‘mantras’*, reading or telling beautiful lines of a story. For centuries, the people world over, have meditated on religious literature of huge life significance and have altered their awareness and consciousness field. Our Hindi literature is the best source for passage meditation. Hindi literature is enriched by the *‘Dohas’*, *‘Mantras’* and the poems which inspires a human life. The words, written in these *‘Dohas’* and *‘Mantras’*, have a great impact in our life that they can change our whole life.

Dr. Deepak Chopra also talks about words and its impact in our life. He says that we can change our beliefs by opening our subconscious mind and this can be done only by *‘words’*. **Words have power to program awareness.** They can fully

alter our mind. It is therefore important to avoid passively accepting the negative connotations.

“We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world” It is a line said by Gautama Buddha. He says that our thoughts shape us. And positive thoughts come from a pure mind. When the mind is pure, joy follows you like a shadow that never leaves. The best way to keep your mind pure is not to think about the past and future. They are the ones who kills a human from inside. You are living in the present and it's the only thing you can control. So instead of thinking here and there, concentrate on your present, make it best and your past and future will automatically become great.

If we conclude from all those points, it is clearly visible that thoughts have this much of power that they can alter our mind and personality. Either it is positive or negative; it has the same impact on our mind. So it all depends on you what you want to become in your life. Choose wisely, be selective but always keep in mind what is right for you because at the end if you take wrong turn (thoughts) ***“You will become what you took (thought)”***.